ishment by ducking. A patient named Atkins, witness said, had been ducked seven times because he had struck the

seven times because he had struck the superintendent.

Mr. Clowes, in answer to a question as to the frequency of Dr. Foster's visits to the wards, said that when Dr. McGuire Williams first came to the hospital Dr. Foster did not visit the wards for one month and twenty-seven days.

Then followed a fearful tale of cruelty practiced by Dr. McGuire Williams of the male patients, the particulars of which are unprintable.

"I consider him a hrute," said Mr. Clowes, who swore that he had been an eye-witness to the horrors he described.

The witness named a man named Calinhan as a victim to whom Dr. Williams was specially cruel.

Ladies Asked to Leave.

#### Ladies Asked to Leave.

During the latter part of Mr. Clowes restmony, the lades in the addicace were næked to leave the room.

The investigation will be continued to-morrow morning at 9:30 o'clock, when Mr. Worthy and Mr. Proctor will be put upon the stand to verify the statements made by Mr. Clowes, regarding Dr. Williams Dr. Williams is now a surgeon in the United States navy.

### Day's Proceedings.

Day's Proceedings.

The seventh day's session was called to order at ten o'clock, with Dr. southan on the stand.

When the examination was interrupted yesterday Mr. Ould, of the committee, was engaged in questioning the witness regarding the unfriendly relations existing between the witness and Dr. Foster, the superintendent.

Witness said that there had been a difference of opinion but that there was now friendly feelings—brought about by an appeal made to the witness by the board.

board.
Witness said that the difference of opinlon was in regard to the diet. He thought
the patients should have better fare, and

Witness said that beef was served one day and pork the next. Dr. Foster, he said, was backed by the board.
Witness said that proper diet was as necessary as proper medical attention.
"I contended that all acutely insane people were sick people. I contended that all epileptics were sick people and that all of these should be on diet. I was informed that the hospital could not afford such diet. This was the difference of opinion between Dr. Foster and myself."

any such food.
Witness then stated that the Eastern

any such food.

Witness then stated that the Eastern State Hospital is not an up-to-date hospital in the matter of attendants and management. He sold that in the North where there was plenty of money, the Rospitals were managed better, but that here it was only possible to do the best one could with the limited amount of money obtainable.

Witness said that the Central (negro) Hospital was better than the Eastern (white) Hospital in the matter of attendants and care of patients.

Witness said that Dr. Foster sent orders to the attendants of his ward and that he (witness) thought these orders thould have come through him and that this served to break down discipline.

Witness said that he and Dr. Foster were on opposite sides in the church war, but that he did not believe Dr. Foster was influenced by that. He thought, however, that Mr. Cole, of the special board, and Colonel Lane, inspector of hospital, were influenced by the church affair.

Dr. Southall said at the time he was

patal, were influenced by the fair.

Dr. Southall said at the time he was reduced from first to second assistan physician, he was a candidate for the Montague convention, and for city chairman of the Williamsburg Democratic

mmiltee and that Dr. Foster, who was nning, was defeated.

#### Religion and Politics.

Witness said religion and politics should have no part in the affairs of the hospital, and it's a shame that it is so."

In answer to a question by Senator Rison, witness said that some men in

directors and at the officers' tables. rectors and at the officers' tables.

"It's a big day when the Board of "I considered the use of straight jack."

# BUFFALO LITHIA WATER "All the Argument Necessary."

The International Journal of Surgery, August, 1905, under the heading "CYSTITIS" says! "In the treatment of Cystitis water is the great aid to all forms of BUFFALO LITHIA WATER form in which to administer it to the cystitic patient, as it is not only a pure solvent, but has the additional virtue of containing substantial quantities of the alkaline Lithates. Patients should be encouraged to take from two to four quarts per day if they can, and the relief they will obtain will be all the argument necessary after the first day or so.

"IN URIC ACID DIATHESIS, GOUT, RHEUMATISM, LITH-AEMIA, and the like, ITS ACTION IS PROMPT AND LASTING."

Dr. Goo. Bon. Johnston, M. D., LL. D., Richmond, Va., Ex-President Southern Surgical and Gynecological Assn., Ex-President Virginia Medical Society, and Prof. of Gynecology and Abdominal Surgery, Medical College of Virginia: "If I were asked what mineral water has the widest range of uscludness, I BUFFALO LITHIA WATER In Urle would unhesitatingly answer.

Dathesis. Gout. Phenmatism. Lithaemic, and the like its action is

would unhesitatingly answer, DUFFALU LITHA WAIEK Acid Diathesis, Gout, Rheumatism, Lithaemia, and the like, its action is prompt and lasting. \* \* \* Almost any case of Pyelitis and Cyslitis will be alleviated by it, and many cured. I have had evidence of the undoubted Disintegrating, Solvent and Eliminating power of this water in Renal Calculus, and have known its long continued use to permanently break up the gravel forming habit."

Voluminous medical testimony on request. For sale by the general drug and mineral water trade. Hotel at Springs opens June 15th.

PROPRIETOR, BUFFALO LITHIA SPRINGS, VA.

Directors come—"
"I want right here to express my opinion regarding epileptics. I think there
should be an epileptic colony. If you lock
up an epileptic and feed him on ments,
you might as well knock him in the
liead."

head."
Chairman Sadler—
Q. And they get beef one day and pork
the next?
A. Yes.
Witness said that Dr. Drewry, supt. of
the Central, once asked him his opinion
regarding the treatment of epileptics. He

"Keep them in the open air; give them easy employment and easily digested food, and you've done all you can for them—" "You have hit the nail on the head,"

was Dr. Drewry's reply. Witness said that there were from 'twenty-five to thirty epileptics in the hospital confined in the wards. Dr. Southall then described revolting

Dr. Southall then described revolting inbits practiced by the patients in the Montague Building. He skild be had reported the matter to the superintendent and the members of the special board. Witness thought that the Montague Building was hardly dl uiu uaulumu uau Building was budly constructed and that to break up the practices, the building would have to be reflored with cement.

The Montague Building was built, witness said, by Wilson, of Richmond, and the work was overlooked by a Williams. burg carpenter named Tobasco, appointed

oy the special board.

In answer to a question from the chairman, Dr. Foster stated that Messrs.

Noland and Baskerville were the architects.

The chairman then stated that all of

The chairman then stated that all of these parties will be summoned to appear before the rommittee.

Witness described the bad construction of the Montague building and stated that he had called the attention of the special board to these defects before the building was completed. "The building is too long for the safety of the patients and too dark for the good of their health."

### Hospital Crowded.

Witness said that the old patients should be placed in wards by themselves and should have night attendants. The hospital, he said, was too crowded for health and for safety.

Senator Rison interrupted and asked Dr. Foster if he had the contract made with Mr. Wilson, builder of the Montague building, and if bond had been given. Dr. Southall then stated that he thought the attendants should have a separate building for current. building for quarters.

not supplied with instruments for performing major operations. Witness then related a case of gangrene, from which

Senator Sadler, then asked the witness in the hospital by performing other duties, oysters, eggs, turtle, fish, ice cream purchased by the institution, was served had not suffered from the lack of visits to the patients on his ward.

Witness said he thought he had too many duties to perform and that he cream the had not purchased by the institution, was served had not suffered from the lack of visits to the patients on his ward.

Witness said he thought he had too many duties to extern the hospital by performing other duties, or the hospital by performing other duties. Witness said he considered the use of witness said he considered the use of witness said he considered the use of witness and kt the officers, tables.

The

ALASKA

three carloads of Alaska Re-

frigerators and are still send-

ing off duplicate orders to

fill up broken sizes. Think of that! But we've been

selling them exclusively for

the past fifteen years and

every posted housekeeper

and grocer knows the Alaska

is the best, and that they

don't pay a big price for a

showy, short-lived refrige-

rator when they buy the

Alaska. We have every size

or style in stock.

419. 421 EAST BROAD ST. The Fortune. The Mrs. Rorer

We guarantee these Gas Ranges to cook, bake or broil

anything better than any stove you ever used.

We've already received

ets absolutely necessary," said Dr. South-

Witness then related a number of pa-tients who had of late attempted to com-mit suicide. Senator Sadier then asked:

Senator Sadler then asked:
Ques, Then the Central (negro) Hospital
Is better supplied with attendants than
you are here, since no straight jackets
are used there?
Ans. Yes, as I am informed.
Witness stated that in his opinion a
superintendent should be a business man
to look after the business affairs, and
that the physicians should look after the
health of the patients.

that the physicians should look after the health of the patients.
On cross-examination by Colonel Lawiess, Dr. Southall stated that all critically fill patients were sent to the infirmary, and that it was not necessary for the superintendent to visit the wards.
Witness said that in the gangrene case, Mr. Self, the operation had been properly performed, and that in no event could the life of the patient have been saved.

saved.
Witness stated that his relations with Dr. Foster were now and had been for some time pleasant.
There was no reason, he said, they should not continue to be anicable.

Suicide of Bell.

Colonel Lawless then questioned wit-ness regarding the suicide of Beil. Colonel Lawless rend the verdict of the colorner's jury, which condemned the

the colorner's jury, which considered the hospital authorities.

Witness stated that the matter was investigated by the special board, and it was decided that the verdict of the coroner's jury was not fair to the hospitality.

it was decided that the coroner's jury was not fair to the hospital.

Colonel Lawless then asked to be permitted to read the finding of the special board.

Senator Rison objected on the ground that neither the verdict of the coroner's jury nor the finding of the special board was legal evidence, for the witnesses should be summoned.

The chairman decided that as the verdict had been admitted, the finding of the special board would also be-admitted.

Colonel Lawless then read the finding of the special beard, which set out that the authorities of the hospital were not at fault regarding the suicide of Bell.

Mr. Ould then asked Colonel Lawless if he did not think the special board were "authorities of the hospital." Colonel Lawless replied that in a measure the members of the board were.

Dr. Southall then, continuing his evidence, said that he thought every precaution was taken to prevent suicide in the hospital.

caution was taken to possible the hospital.

Winess then related the facts surrounding the death of a patient named Hanford, an epileptic, who escaped from the attendants, and who was found dead next day in a swamp. Witness thought that it was not a case of suicide, but of death from natural causes.

Witness stated that he did not consider it necessary to visit the patients after

it necessary to visit the patients after

it necessary to visit the patients after death.

Witness, in speaking of the use of the mane bath by several patients, said that bedbugs were found by the special clean, were bathed twice a week, and were not liable to make the water dirty. Witness said that he thought a trained nurse was necessary to the health of the patients, and that the usefulness of the hospital had been impaired when the trained nurse had been sent away.

Colonel Lawless then asked witness if, in his opinion, Dr. Foster had not made a competent superintendent.

The chair ruled out the question as improper, Senator Rison going on record as voting against the chair's decision.

Witness said, in answer to a question, that bed bugs were found by the special board in the Montague building fast June.

June.

#### Was Complimented.

Witness said that Mr. Clowes complimented him on the condition of the wards, saying that he had found fewer bedbugs in the wards than he had expected, Mr. Cole also said that he had found only a few. Witness stated that he was greatly mortified at the report roade.

made.
Witness said that Superintendent Foster was prevented from visiting the wards
last summer on account of the Illness of
Mr. Mercer, the clerk, whose duties the
superintendent had to perform, and on
account of an injury he (the superin-

Obnoxious.

Witness said Dr. Foster wrote to Mrs. Conway, telling her that his conduct had been so obnoxious to him (the superintendent) that he could not serve as special attendant longer.

Witness told of a conversation he had with Dr. Foster, in which the superintendent told him that he (Clowes) had worked against him, and had supported Dr. Southall for superintendent.

Witness said he demanded to know who had informed Dr. Foster of these things, and that Dr. Foster declined to divulge the source of his information. Witness then related at length the affairs that brought about the difficulty between him and the superintendent.

Witness said that what he took Mr. Peyton Conway away from the asylum and carried him to his home, the patient was handcuffed, and a shirt was the only garment he wore. He had been in this condition for a year.

After he came to live with the witness he became kind and never wore handcuffs.

Witness said that Dr. Foster attempted

cuffs.

superintendent had to perform, and on account of an injury he (the superintendent) sustained.

Witness said that he had difficulty in securing poison to kill the bedbugs. He did not know whose fault it was.

Witness said that new patients often brought in bed bugs. A patient, he said, once had 17 hed bugs. A patient, he said, once had 17 hed bugs. A patient, he said, once had 17 hed bugs. A patient, he said, once had 17 hed bugs. A patient had to be burned on account of vermin.

Dr. Southall stated that he had used every endeavor to exterminate bed bugs in the Mortague building.

Witness sam he had had numerous complaints from patients and attendants regerding the meats served. They also complained of the scarcity of bread and witness said he reported the matters to the superintendent.

The board made me sign a pledge when I was elected second assistant physician that I would uphold the superintendent, and since that time I have reported only to the superintendent, and shee that time I have reported only to the superintendent, and by Southall.

Witness said that the character of the food served was good.

Albuding to the bed bugs, witness said Witness said that Dr. Foster attempted to get the patient nway from him, but the he (the witness) had said that if any one man came to take him, that man would "he sorry." Witness said Dr. Foster wrote a slanderous letter about him, which said that he (witness) could not take care of himself, much less a patient.

patient.

Witness said the next time he saw Dr. Foster he gave him the best effrashing he could. Dr. Foster brought suit, but the jury acquitted the witness Later Dr. Foster attempted to boycott the witness business.

Witness then told of his meeting Dr. Foster in the hospital grounds and of Dr. Foster in the hospital grounds and of Dr. Foster had an iron but in his hand and said:

Witness said that the character of the food served was good.
Aluding to the bed bugs, witness said that after the mouldings in the wards of the bioniague building, but bugs were found in great numbers.
Chairman Bailer then introduced "the please" mentioned by fir. Bouthall above. It read as follows:
Williamshurg, Va., Sept. 4, 192.
To the Board of Directors of the Eastern State Hospital:
Gentenen, Hoping: that my services in the past have been satisfactors, I hereby appears for the office of second assistant, physicians of the Eastern State Inspital:
I promise you gentiamen if elected to give the administration toy earnest supplied.

## WEAVER BOOM FOR GOVERNOR GROWS: DEMOCRATS, MAY AID

Friends Think Mayor of Philadelphia Would Make Strong

(Special to The Times-Dispatch.)
PHILADELPHIA, PA., May 16.—Although Mayor Weaver was proposed for the governorship as long age as last summer, serious consideration of him as an available candidate dates from yesterday.

terday.

Within six hours of the publication yesterday of the Alayor's interview relative to the Lincoln party's nomination, generally interrepted to mean that the Mayor would accept it, a strong sentiment favorable to the Mayor was expressed among Philadelphia delegates to the convention on May 31st.

vention on May 31st.
In addition, it was learned that friouris
of Mr. Wenyer had departed for the interior of the State to boom him as a

terior of the State to boom him as a enaddate.

In support of the Mayor, it is being urged that much of the credit for the success of the independent movement against the regular organization in the city and in the State is due to him. It is being declared by his friends in the Lincoln party that the Mayor's "break" with the old bosses made possible the election of William H. Berry as State Treasurer and of the city party-fusion ticket in this city hast November.

It was ascertained upon the highest authority that the Mayor had been in-

Dr. Southall was then allowed to stand aside.

Chairman Sadler then said, "Call Dr.

s. Rison, Pulliam, Dunn and Rob Mr. Ould voted with the chair.

Obnoxious.

Witness said that Dr. Foster attempted

formed, when he was in Wilkes-Barre last week, by influential Democratic leaders that they would use their influence to force his nomination by the Democratic State convention as a fusion candidate, if he should be named by the Lincoln party.

MAYOR WEAVER.

port and assure you that all past differ-ences will be buried and your action in electing me second assistant will be en-Respectfully yours,

P. T. SOUTHALL.

Dr. Southall then stated that the paper was dictated to him by Mr. Clowes and that he wrote and signed it.

Dr. Southall stated that this paper had tied his hands as far as his relating incidents to the members of the board. He had felt bound to report only to Dr. Foster.

dministration.

him with the iron bar, and witness, having got out his knife, tried to out Dr. Foster. Outsiders stopped the row.
Witness said that Dr. Foster said to him: "If I had a pistol I would kill you!"
Witness stated that he did not desire trouble, as his nephew, Mr. Eugene Clowes, was one of the members of the board. Witness said that he (witness) was a "little drinky," but knew what he was doing.
Witness told of Dr. Foster having a patient, Mr. Atkins, ducked. Atkins

willess told of Dr. Poster naving a patient, Mr. Atkins, ducked. Atkins struck Dr. Foster, who ordered the attendants to duck the patient until he said he would not do it again. Tho man was ducked seven times and held under until "he bubbled."

## Not on Speaking Terms.

Foster."
Colonel Lawless arose and urged that Dr. Foster be not called at this time. He said that Dr. Foster had been made in a manner, a defendant and that therefore he should not, in fairness, he called at this time.
Chairman Sadler, in reply, said that every officer of the institution was under investigation and that therefore Dr. Foster ought to go upon the stand. Witness said he was not now on speaking terms with Dr. Foster.
Witness said that the treatment of the
patients by the attendants was in some
instances kind and in some not kind.
Witness stated that a patient, Connally,
had been beaten black and blue. The
attendant was discharged, but was later re-employed. It was during Dr. Foster's

administration.

Witness told of a drunken attendant named Wilkins, who stayed drunk on the wards for two days and tried to commit suicide, but was not discharged. Later he was discharged for drunkenness. Witness told of a patient, Tom McCracken, a nephew of a member of the board, who was employed and received now while he was a patient. McCracken.

board, who was employed and received pay while he was a patient. McCracken, witness said, carried keys to both the malo and female ward.

Witness said McCracken received better food than the other patients. The regular food, he said, was bad, rotten fish and bad beef, which, he said, was awful to smell and worse to ent.

Witness said that straight jackets were used freely both during Dr. Moncure's and Dr. Footer's administration.

Witness said that Dr. Moncure fined attendants \$2.50 for every bed-bug discovered in the wards.

Sefiator Rison, of the committee, opposed the ruling of the chair. He said that it had developed that Dr. Foster was under fire and that all evidence should be introduced before Dr. Foster was asked to take the stand.

Mr. Pulliam spoke in favor of postponing the examination of Dr. Foster, as did Senator Roberts and Dr. Dum.
Chairman Sadler then announced if the chair was not sustained that Dr. Foster would be placed in the position of defendant and would not, therefore, be called as a witness by the committee.

It would place the burden on the State of bringing a gumber of witnesses and charging the committee with a court of inquiry.

Senator Rison then said. "That is the Senator Rison then said. "That is the opinion of the chair and not the ruling of this committee."

Col Lawless: "Does the chair mean that Dr. Foster will be required to bring witnesses here git his own expense?"

Chairman Sailler: "No. sir."

Colonel Lawless: "We do not for a moment agree that Dr. Foster stands in the place of a defendant."

Colonel Lawless, then stated that Dr.

attendants \$2.50 for every bed-bug discovered in the wards.

Witness stated that Dr. Foster did not appear on the male wards for one month and twenty-seven days.

Witness said that Dr. McGuire Williams was very cruel to the patients; that he burned them and had them ducked; he burnt them so that they could not walk.

ment agree that IDr. Foster stains in the place of a fefendant."

Colonel Lawless then stated that Dr. Foster, personally, would greatly prefer to go upon the witness stand at this time, in order to answer the charges that had been already made and which he could answer most satisfactorily, but he felt that he should wait until all charges were made and then answer them fully and completely.

The committee then went into executive session to consider the matter of placing Dr. Foster on the stand.

Chairman Sadler announced that the decision of the chair was not sustained, and that Dr. Foster would not go on the stand.

he burned them and nad them observed he burnt them so that they could not walk.

"I considered him a brute. I saw Mr. Worthy and Mr. Proctor hold the patients while he tortured them. Callihan was a patient he was especially cruci to . It was an every-day occurrence. I did not think he would do it without the superintendent's knowledge, as he seemed to be in full sway."

Witness said that Dr. McGuire Williams was no longer here, but was now a surgeon in the United States navy.

Witness said that other physician ever used such treatment on the patient. Witness said that when he first came to the institution he went to Dr. Foster and told him that he had just come from the smallpox hospital, where he had been for fourteen days, and that he thought he ought not to go on the wards. Dr. Foster said that it did not matter, and the witness went on the wards. Colonel Lawless said he had no questions to ask the witness, and Mr. Texas Clowes was allowed to stand aside.

The committee then adjourned until 9:30 o'clock to-morrow morning.

## An Argument.

Access was then taken for dinner.

A recess was then taken for dinner.

After the dinner recess, Mr. A. Texas
Clowes was called to the stand. Mr.
Texas Clowes is the uncle of Mr. Eugene
Clowes, a former member of the board.

Mr. Clowes stated that he had been
a special attendant in the hospital two
years previous to Governor Montague's
nomination, during Dr. Foster's administration. Witness said he was paid
by Mr. John Conway to care for his
brother, who was a State patient. Witness said he acted for six or seven years
as an attendant under Dr. Moneure's
administration.

Witness then told of a row he had
with Dr. Foster. It was a matter of
politica in the election of Dr. Southall with Dr. Foster. It was a matter of politics in the election of Dr. Southall over Dr. Foster. Witness supported Dr. Southall. she reaches an age where she's certain she loves a fellow as you love me.—Phil-adelphia Press.



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ONE CABLE UPRIGHT GRAND PIANO AND \$24,000 IN PRIZE CER-TIFICATES, will positively close May

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# When You have a Bad Breath



caret.

-When your tongue is coated, -When you have Heartburn, Belching, Acid Risings in throat,

One single Candy Cascaret will do it if taken at the right minute, just when you

later on.

"Physics." But, - they act like Exercise on the

Muscles that shrink and expand the Intestines, thus pushing the Food on Naturally to its Finish.

When the Bowel Muscles grow flabby

Food does not tickle them enough to make them act.

That's Constipation

Castor Oil, or "Physic" will help to slide out one load of trouble, but they can't help the Cause.

In fact, they weaken the Bowel-Muscles more than ever by slackening

them, and by doing work for them which they should do for themselves. When your Arm-Muscles grow flabby they need Exercise, to strengthen them

ol a sling to support them. When your Bowel-Muscles grow flabby they need Exercise to strengthen them-not "Physic" to pamper them. Then carry the little ten-cent "Vest Pocket" box constantly with you, and

take a Cascaret whenever you suspect

you need it. One Cascaret at a time will promptly cleanse a foul Breath, or Coated Tongue, thus proving clearly its ready, sleady, sure, but mild and effective action.

Have the little 10c Emergency box of Cascarets constantly near you! All Druggists sell them-over ten mil-

Hon boxes a year, for six years past. Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CGC."

EF FREE TO OUR FRIENDS

We want to send to our friends a beautiful French-designed, GOLD-PLATED BONBON BOX, hard-enameled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measured good faith and to cover cost of Cascarets, with which this dainty trinket is loaded. 22 Send to-day, mentioning this paper, Address Sterling Remedy Company, Chicago or New York-

# Temptingly ...Delicious.

Is the one term that will describe MOESTA'S ICE-CREAM and WATER ICES. Manufactured with scrupulous care from the best and freshest fruits, and the richest, fullest, sweetest cream that experience and money can help us buy.

This is our menu: Vanila, Chocolate, Caromel, Burnt Almonds, Coffee,

## Fresh Strawberry ....With Berries,

Marron and Nesselbrode Pudding Newport, Bisque, Tutti Fruitti, Merringue Glace, Ice-Cream, Eggs and Easter Eggs and Novelties.

H. W. Moesta's, 117 East Main St.

# An Argument. She: I don't think any girl should marry until she reaches a certain age. Ile (agerly): Exactly! That is when she reaches an age where she's certain age. Ainslie Carriage Co.

WE ARE NOW LOCATED IN OUR NEW AND SPACIOUS BUILDING,

8-10-12 South 8th Street, NEAR MAIN,

and are showing an extensive line of Vehicles of the newest design and best

### Showrooms Street Floor LADIES' STANHOPES,

LADIES' PHAETONS. TWO AND FOUR PASSENGER TRAPS.

MORNING WAGONS, IN FRENCH CANE OR WOOD PANELS, CUT-UNDER RUNABOUTS,

and numerous other up-to-date Vehicles, that range in price from the highest grade manufactured to the fully guaranteed medium-priced Vehicle REMEMBER THE NEW LOCATION,

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Spring Need!



Poultry Netting! or to kep them out. Nothing better.

Baldwin & Brown, Headquarters for Hardware, Lime,

Cement, Barbed Wire, Fencing, &c.



-When Pimples begin to peep out, -When your Stomach Gnaws or Burns, -That's the time to check coming Constipation, Indigestion and Dyspepsia.

first feel the need of It. A "Cascaret in time is worth nine"

Cascarets don't Purge, nor Weaken, nor waste Digestive Juices in flooding out the Bowels, like Salts, Castor Oil